



## A PROCLAMATION OF THE CITY OF KIRKLAND

### Proclaiming September as "Recovery Month" in Kirkland, Washington

**WHEREAS**, behavioral health is an essential part of health and one's overall wellness; and

**WHEREAS**, prevention of mental and/or substance use disorders works, treatment is effective, and people recover in our area and around the Nation; and

**WHEREAS**, the benefits of preventing and overcoming mental and/or substance use disorders are significant and valuable to individuals, families, and the community at large; and

**WHEREAS**, people in recovery achieve healthy lifestyles, both physically and emotionally, and contribute in positive ways to their communities; and

**WHEREAS**, we must encourage relatives and friends of people with mental and/or substance use disorders to implement preventive measures, recognize the signs of a problem, and guide those in need to appropriate treatment and recovery support services; and

**WHEREAS**, according to the *2010 National Survey on Drug Use and Health*, 2.6 million people received specialty treatment for a substance use disorder and more than 31.3 million adults aged 18 or older received services for mental health problems which reflects the serious nature of this public health problem; and

**WHEREAS**, the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, the White House Office of National Drug Control Policy, and the King County Mental Health and Chemical Abuse and Dependency Services Division offer programs and assistance to help more people achieve and sustain long-term recovery;

**NOW, THEREFORE**, I, Joan McBride, Mayor, do hereby proclaim the month of September 2012 as *National Recovery Month* in the City of Kirkland and call upon the people of to observe this month with appropriate programs, activities, and ceremonies to support this year's theme, "Join the Voices for Recovery: It's Worth It."

Signed this 4<sup>th</sup> day of September, 2012

Joan McBride, Mayor

